

Sample Weekly Menu

GOODSTART MAWSON LAKES - AVOCET DRIVE



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast, Weetbix, Cornflakes or Rice Bubbles	Toast, Weetbix, Cornflakes or Rice Bubbles	Toast, Weetbix, Cornflakes or Rice Bubbles	Toast, Weetbix, Cornflakes or Rice Bubbles	Toast, Weetbix, Cornflakes or Rice Bubbles
Morning Tea	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
Lunch	Mediterranean Cous Cous Cooked with mixed vegetables, beef mince, tomato sauce and served with Greek yoghurt	Chicken Stir Fry Hokkien noodles with chicken and mixed vegetables	Sandwich & Wraps Platter Chicken & Cucumber Ham & Cheese Vegemite & Cheese Cream Cheese & Cucumber	Bolognaise Beef, mixed vegetable, tomato sauce and penne pasta	Chicken Biryani Chicken, peas and carrots with basmati rice and spices
Afternoon Tea	Hummus & Cucumber Wraps Rice cakes with vegemite or cream cheese	Kabana, Cheese & Crackers Rice cakes with vegemite or cream cheese	Custard & Fruit Rice cakes with vegemite or cream cheese	Assorted Dips & Veggie Sticks Rice cakes with vegemite or cream cheese	Coconut & Cranberry Bliss Balls Rice cakes with vegemite or cream cheese
Late Snack	Rice cakes with vegemite or cream cheese	Rice cakes with vegemite or cream cheese	Rice cakes with vegemite or cream cheese	Rice cakes with vegemite or cream cheese	Rice cakes with vegemite or cream cheese